

What you need: Week 7



Beauty with Deborah Nail Painting

- Hand Sanitiser
- Face Cream
- Nail file
- Nail Paint



Aerobics with Arita

- A drink of water
- Comfortable clothing
- Comfortable shoes
- A chair
- Resistance band
- Space to move



Mindfulness with John

- A quiet room
- Relaxing music
- A comfortable place to relax
- Hand sanitiser



Line Dancing with Gary

- Comfortable shoes
- Water
- Plenty of space
- Comfortable clothes



Art with Jenny Hummingbird

- Picture of a hummingbird
- 2 white sheets of paper
- Scissors
- Pencil
- Colouring pencils
- Markers
- Rubber
- Hole punch



Leek and Mushroom Risotto with Emer

Ingredients

- 8 oz mushrooms
- 2 leeks
- Vegetable stock cube
- 1 cup Arborio Risotto Rice
- Salt and Pepper
- 1 teaspoon olive oil
- A little butter
- Parmesan cheese
- **Cooker**



Equipment

- Mixing bowl, saucepan, jug, wooden spoon

Yoga with Anita

- A drink of water
- Comfortable clothing
- Comfortable shoes
- Space to move in a relaxing room
- A yoga mat, mat or carpet
- Yoga block
- Blanket



Banana and Oat Biscuits with Brid

- Bananas
- Oatflakes
- Peanut Butter
- Honey
- Chocolate Pieces
- Flaked Almonds
- Salt
- Bowl, fork, spoon
- Greased Baking tray
- Oven 180 degrees for 15 minutes



Face Massage with Deborah

- Hand sanitiser
- Face cream or massage oil
- Face mask

Soup with Eugene

- Mixed Vegetables
- Cajun Seasoning, salt, pepper
- Red Onion
- Garlic
- Chicken stock
- Flour
- Butter
- Saucepan, spoon and cooking hob

Drawing with Edel

- Paper plain sheet
- Pencil
- Rubber



Photography with Anna

- Smart Phone or Tablet
- Coin
- Piece of Jewellery/orange
- Other objects to take pictures



Literacy with Dylan

- Lesson sheet-PDF printed
- Pen



ISL with Robert

- Comfortable space



Guitar with Ruairi

- Guitar

